

Mental Health Seminar
November 6-10, 2024
Syllabus for Seminar #8
Seminar Locations: PA

Seminar #8: Identity Formation and the Multiplicity of the Personality
November 6th through November 10th, 2024
Time: 8:30 a.m. --- 6:00 p.m. Phoenixville, PA
32.5 CEU Hours

Seminar Eight Title: Identity Formation and the Multiplicity of the Personality

- Dimensions and Dynamics of Personality Development Through-out the Life-Span
- Aspects of Spiritual Awakening
- Dimensions of Self-Realization and Role of Relationality
- Differentiating Pathology and Spiritual Crisis/Awakening
- Learning as a Volitional Activity
- Human Nature and Embodiment
- Spirituality and Multiculturalism
- Transition from Self-Actualization towards Self-Realization
- Moral Development
- Virtues as a Transformative Methodology
- Differentiating “Ideals” and “Idols”

Faculty: James Dyson, MD, MA (Faculty Chair), Susan Overhauser, PhD, Simon Kuttner, PhD, Tonya Stoddard, LCSW, Zheni Nasi, MS LPC, Gillian Schoemaker, BA, Alex Schneider, LMHC

Guest Lecturers: Jan Göschel, PhD

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Presentation Style: Seminar content will be presented through lecture, experiential activities, and a variety of creative arts and somatic movement.

The following mental health competencies are addressed in the five-day seminar:

- 1) **Developmental Understanding:** Knowledge of psychological and emotional development across the lifespan.
- 2) **Relational Skills:** Ability to foster therapeutic relationships that promote personal growth and self-realization.
- 3) **Cultural Competency:** Understanding diverse perspectives on meaning-making and inclusion in social development.
- 4) **Intervention Techniques:** Application of strategies to facilitate self-awareness and address systemic inequalities.
- 5) **Spiritual Integration:** Incorporating spiritual dimensions into therapeutic practice for holistic client care.

PRESENTERS	BLOCK, TITLE, DATE/TIME	DESCRIPTION
<p>Susan Overhauser, PhD.</p> <p>Gillian Schoemaker, BA</p>	<p>BLOCK: A</p> <p>TITLE Reoccurring Opening Block</p> <p>DATE/TIME: November 6--10, 2024 (Wednesday – Sunday)</p> <p>8:30—9:30 a.m.</p> <p>5 hours (1 hour x 5 days)</p>	<p>Description: The opening Block happens daily. It is designed to support the learning environment providing an opportunity for announcements, questions, movement. An “echo space” is created during this time block inviting seminar participants to offer their feedback on the previous day.</p> <p>Learning Objectives: The learning environment is arranged, which will invite participants to engage in artistic activities, offer feedback to presenters thereby supporting digestion of content and relationality.</p>

<p>James Dyson, MD, MA</p> <p>Simon Kuttner, PhD</p>	<p>BLOCK: B</p> <p>TITLE: Transformation of Three Psychological Aspects Throughout the Life-Span: Cognition, Affect, Volition</p> <p>DATE/TIME: November 6, 2024 9:30—10:30 a.m., 11—12:30 p.m.</p> <p>2.5 hours</p>	<p>Description:</p> <p>This block explores the dynamic evolution of three core psychological aspects—cognition, affect, and volition—throughout the human life span. By examining developmental theories and contemporary research, participants will gain an understanding of how cognitive functions, emotional processes, and willpower transform from childhood through late adulthood. This block highlights the interplay between these dimensions and their influence on behavior, mental health, and personal growth at various stages of life. Special attention is given to the clinical implications of these transformations, offering mental health professionals insights into how to tailor interventions to different age groups and individual life stages.</p> <p>Learning Objectives:</p> <p>By the end of this block, participants will be able to:</p> <ul style="list-style-type: none">• Describe the major changes in cognitive processes from early development through old age.• Identify key shifts in emotional regulation and affective experiences throughout the life span.• Explain the concept of volition and how motivation and willpower evolve across different developmental stages.• Integrate knowledge of cognitive, affective, and volitional transformations into clinical practice, enhancing therapeutic interventions for clients at various life stages.• Analyze case studies to apply lifespan psychology concepts to real-world psychotherapeutic settings.
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<p>Alex Schneider, LMHC</p>	<p>BLOCK: C</p> <p>TITLE: Embodiment through Spacial Dynamics</p> <p>DATE/TIME: November 6 —9, 2024 2—2:30 p.m.</p> <p>(Wednesday – Saturday)</p> <p>2 hours</p>	<p>Description:</p> <p>This block takes place daily from November 6 - 9. Spacial Dynamics is approved by the International Somatic Movement Education and Therapeutic Association (ISMETA). This somatic experience is characterized by Jaimen McMillan: “Everything you do, think, or create begins with a change of your space. Space is the hidden catalyst of all movement and change. Spacial Dynamics® studies the fluid relationship between human beings and the space around us. It teaches how to optimize that relationship and break the patterns of old behaviors of movement. Thought, intention, and the human body are interconnected through space. We learn to give this surrounding space direction and dynamic. We then move with enhanced ease, grace, aesthetics, and awareness. Being able to change and adapt are qualities that are vital for any activity. Habits are much easier to create than to change. Habits are formed by repeated movements that are embedded both in the body and in the surrounding spatial gestures/caricatures. Learning to recognize and then change one’s spatial movement patterns is key to being able to change any habit.”</p> <p>Learning Objectives:</p> <p>By the end of this block, participants will be able to:</p> <ul style="list-style-type: none">● Identify and assess, verbally and in writing, their experiences with spacial dynamics movement identifying somatic and psychological shifts that might be occurring for them.
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<p>Tonya Stoddard, LCSW</p>	<p>BLOCK: D</p> <p>TITLE: Cognition and Its Function in Spiritual/Self-Realization Development</p> <p>DATE/TIME: November 6 & 7, 2024 2:30– 4pm.</p> <p>(Wednesday & Thursday)</p> <p>3 hours</p>	<p>Description:</p> <p>This block delves into the pivotal role of cognition in spiritual and self-realization development, exploring how thought processes, perception, and consciousness shape one's journey toward personal meaning and spiritual growth. Participants will examine the cognitive mechanisms that underlie self-awareness, insight, and transcendence, drawing on both psychological and spiritual frameworks. The block also addresses the clinical relevance of cognition in spiritual exploration, offering therapists strategies for supporting clients in their quest for deeper self-understanding and fulfillment. Practical applications will be discussed, including mindfulness, reflective practices, and cognitive restructuring techniques aimed at fostering personal growth and transformation.</p> <p>Learning Objectives:</p> <p>By the end of this block, participants will be able to</p> <ul style="list-style-type: none">● Explain how cognitive processes contribute to the development of self-realization and spiritual growth.● Identify key cognitive patterns that influence spiritual experiences and personal transformation.● Understand the relationship between cognition and existential questions of meaning, purpose, and identity.● Apply cognitive techniques in therapy to assist clients in enhancing self-awareness and navigating spiritual challenges.
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		<ul style="list-style-type: none"> ● Integrate mindfulness, reflective, and cognitive-behavioral interventions to promote spiritual and self-realization development in therapeutic practice.
<p>All Faculty</p>	<p>BLOCK: E</p> <p>TITLE: Dynamics and Dimensions of Learning</p> <p>DATE/TIME: November 6, 2024 4:30– 6pm. (Wednesday – Saturday)</p> <p>6 hours</p>	<p>Description:</p> <p>This block explores the dynamic processes and dimensions of learning with a special focus on how individuals' personal goals, sense of meaning, and life destiny shape their learning journeys. Participants will investigate how learning is influenced not only by cognitive and emotional factors but also by personal aspirations, values, and existential purpose. Drawing from psychological, educational, and philosophical perspectives, this block examines how the pursuit of meaning and destiny drives motivation, resilience, and adaptability in the learning process. Mental health professionals will learn how to integrate these insights into therapeutic practice to support clients in achieving greater alignment between their personal goals and their learning experiences.</p> <p>Learning Objectives:</p> <p>By the end of this block, participants will be able to:</p> <ul style="list-style-type: none"> ● Explain how individual goals, values, and a sense of purpose influence the learning process. ● Analyze the relationship between personal meaning, motivation, and learning outcomes. ● Identify the psychological dynamics that link personal destiny and long-term learning pathways.

		<ul style="list-style-type: none"> • Develop therapeutic strategies that help clients align their learning with their personal goals and existential purpose. • Apply concepts of self-directed learning and personal growth to foster resilience and motivation in clients navigating life transitions and challenges.
<p>Susan Overhauser, PhD.</p>	<p>BLOCK: F</p> <p>TITLE: Self-Realization and Relationality</p> <p>DATE/TIME: November 7 & 8, 2024 9:30– 10:30 am.</p> <p>November 9, 2024 11—12:30 p.m.</p> <p>3.5 hours</p>	<p>Description:</p> <p>This block examines the interconnected journey of self-realization and relationality, exploring how the process of discovering and actualizing one's true self is deeply influenced by relationships with others. Participants will explore the balance between individual self-awareness, autonomy, and the relational bonds that shape identity and personal growth. Drawing on psychological, developmental, and existential theories, the block will highlight how relational experiences—such as attachment, empathy, and interpersonal dynamics—impact the path to self-realization. Therapists will gain practical tools to help clients navigate their own self-discovery while fostering healthy, meaningful connections with others.</p> <p>Learning Objectives:</p> <p>By the end of this block, participants will be able to:</p> <ul style="list-style-type: none"> • Understand the relationship between self-realization and relational experiences in the process of personal development. • Identify how interpersonal relationships influence self-awareness, self-concept, and personal growth.

		<ul style="list-style-type: none"> ● Analyze the role of attachment, empathy, and connection in shaping the journey toward self-actualization. ● Apply therapeutic techniques to support clients in balancing personal autonomy with relational interdependence. ● Integrate knowledge of relationality into clinical practice to foster both individual growth and healthy, supportive relationships.
<p>James Dyson, MD, MA</p>	<p>BLOCK: G</p> <p>TITLE: Transitioning from Self-Actualization towards Self-Realization</p> <p>DATE/TIME: November 7, 2024 11—12:30 p.m.</p> <p>November 9, 2024 9:30—10:30 am</p> <p>2.5 hour</p>	<p>Description:</p> <p>This block explores the nuanced distinction and developmental journey from self-actualization to self-realization, examining how individuals move beyond achieving their potential toward deeper self-awareness and spiritual fulfillment. While self-actualization focuses on realizing one's capabilities and talents, self-realization represents a more profound understanding of the true self and its connection to broader existential or spiritual dimensions. Through psychological, philosophical, and spiritual lenses, this block will guide participants in understanding the key differences and transitions between these stages, providing practical therapeutic strategies for supporting clients on their path from self-actualization to self-realization.</p> <p>Learning Objectives:</p> <p>By the end of this block, participants will be able to:</p> <ul style="list-style-type: none"> ● Distinguish between the concepts of self-actualization and self-realization in both psychological and spiritual contexts.

		<ul style="list-style-type: none"> ● Analyze the psychological processes involved in transitioning from achieving one’s potential (self-actualization) to a deeper sense of self-awareness and purpose (self-realization). ● Identify the challenges and opportunities clients may face as they shift focus from external accomplishments to inner growth and self-understanding. ● Develop therapeutic approaches that facilitate clients' movement from self-actualization toward self-realization, integrating existential and humanistic techniques. ● Apply strategies that help clients deepen their self-awareness and connect with a sense of greater meaning or spiritual fulfillment.
<p>Simon Kuttner, PhD</p>	<p>BLOCK: H</p> <p>TITLE: Relationality and Psychological-Spiritual Development</p> <p>DATE/TIME: November 8, 2024 11—12:30 p.m.</p> <p>November 8—9, 2024 2:30—4pm</p> <p>4.5 hours</p>	<p>Description:</p> <p>This block explores the vital role of relationality in the process of psychological and spiritual development, focusing on how interpersonal connections shape an individual’s mental, emotional, and spiritual growth. Drawing from psychological theories of attachment, empathy, and interpersonal dynamics, as well as spiritual concepts of interconnectedness and unity, participants will examine how relationships act as catalysts for both psychological healing and spiritual awakening. The block provides therapists with insights into fostering clients’ growth by addressing the deep interconnection between their relational experiences and their psychological-spiritual evolution, offering practical tools for promoting balance and integration in therapeutic practice.</p>

		<p>Learning Objectives: By the end of this block, participants will be able to:</p> <ul style="list-style-type: none"> ● Understand how relational experiences contribute to both psychological and spiritual development. ● Analyze the impact of interpersonal dynamics, such as attachment and empathy, on spiritual growth and psychological well-being. ● Identify key psychological and spiritual milestones that are influenced by relational experiences. ● Apply therapeutic techniques that integrate relational and spiritual insights to support clients' holistic growth. ● Develop interventions that help clients foster deeper, more authentic relationships as part of their psychological and spiritual journey.
<p>Jan Göschel, PhD</p>	<p>BLOCK: I</p> <p>TITLE: Inclusive Social Development.</p> <p>DATE/TIME: November 9, 2024 7—8:30 p.m.</p> <p>1.5 hours</p>	<p>Description: This block examines the principles and practices of inclusive social development, emphasizing the creation of environments where individuals from diverse backgrounds can grow, thrive, and contribute to society. Participants will explore the psychological, social, and cultural factors that influence inclusive development, including the impact of systemic inequalities, biases, and social structures. The block highlights the importance of fostering inclusion in communities, organizations, and therapeutic settings, focusing on the role mental health professionals can play in promoting social justice, equity, and belonging. Practical strategies for creating inclusive spaces and addressing social barriers will be discussed, offering participants tools to integrate inclusive practices into their work.</p>

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		<p>Learning Objectives: By the end of this block, participants will be able to:</p> <ul style="list-style-type: none"> ● Understand the key components of inclusive social development and its psychological, social, and cultural dimensions. ● Identify barriers to social inclusion and their impact on individual and community well-being. ● Analyze the role of social justice, equity, and diversity in shaping inclusive environments. ● Develop therapeutic and community-based strategies to promote inclusion and address systemic inequalities. ● Apply practical approaches for fostering social connection, belonging, and development in diverse populations.
<p>All Faculty</p>	<p>BLOCK: J</p> <p>TITLE: Integrative Presentation & Closing.</p> <p>DATE/TIME: November 10, 2024 11—1 p.m.</p> <p>2 hours</p>	<p>Description: Closing activities will include movement and a recapitulation of seminar content through a construct mapping exercises in small groups followed by full group gathering. A question-and answer session will be facilitated. Coursework assigned. Reading lists reviewed. Report from five study groups, responding to the question: What are you learning and how are you learning it? Online text study group announced. Logistical questions answered. Feedback surveys completed. Information regarding CEU procedures delivered.</p>

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		<p>Learning Objectives:</p> <p>By the end of this block, participants will be able to:</p> <ul style="list-style-type: none">• Understand the key components of inclusive social development and its psychological, social, and cultural dimensions.• From a list of core constructs presented during the four previous days, participants will create concept maps sharing their diagrams in triads. Small groups will evaluate independently constructed diagrams creating a composite diagram which they will convey to whole group.• Following presentation of concepts maps, participants will be invited to present their questions in a Q & A session.• Five online study groups will gather to respond to the following questions: What are you learning? How are you learning it? Responses will be delivered to the large group.
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References

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